

Adults and All Ages (Family Fun)

Zumba (Traditional)

Dance your way to fitness using exotic rhythms set to high energy Latin and international beats. Nothing beats a Zumba Fitness Party!

Zumba Sentao

Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.



Zumba Step

All the Step toning and strengthening for your legs mixed with all of the Zumba fitness-party fun you love!

Note: Instructor has Zumba steps available for purchase (\$35) or rent (\$1/day)

Zumba Toning

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.

Note: Instructor has Zumba sticks available for purchase (\$25)

Time	Mon	Tues	Wed	Thurs	Location
6:00PM- 7:00PM	Zumba Step	Zumba	Zumba Toning	Zumba Sentao	Church Lane Senior Center
7:30pm- 8:30pm	Zumba Step	Zumba	Zumba Toning	Zumba Sentao	
(For the most up to date calendar please visit www.yannetzumba.com)					
<i>Zumba is for ages 11 and Up</i>					
Please note: Only paid participants allowed in facility while class is in session					
Res*	Non-Res	You've Got Options ...			
\$40	\$45	Monthly Unlimited Pass (Up to 80% Savings!)			
\$50	\$50	12 class punch pass to be used within 45 days (40% Savings!)			
\$25	\$25	5 class punch pass to be used within 30 days (28% Savings!)			
\$8	\$8	Drop-In Fee (One Class)			
<i>*Note: Participants must show proof of residency in the form of ID and/or utility bill to get Res rate</i>					

Aztec Dance NEW

Step into the culturally rich, magical world of Aztec Dance and join the efforts to preserve this indigenous cultural history.

All Ages				
Day	Time	Place	Fee	Dates
W	7PM - 9PM	SPCC	FREE	Year Round



Get your fit on any time with our exclusive on demand videos at the San Pablo Community Center (SPCC)! Our video kiosk features

kickboxing, pilates, dance, yoga, and more! Pre-register for your preferred workout time and video by calling us at (510) 215-3080. Reservations can be made no more than 1-week in advance and are taken on a first come first serve basis. Reservations will be released to the next person in line 5 minutes past the start time of the reservation. Don't forget to bring your friends!

All Ages				
Day	Time	Place	Res	Non-Res
M-Sa	Varies	SPCC	\$0	\$2

Gardening Workshops NEW

Enjoy the outdoors while learning how to grow your own healthy ingredients! Workshops include food preparation demos and sample of the healthy snacks created in class.

All Ages				
Day	Time	Place	Res	Non-Res
TBD	TBD	Davis	\$0	\$2

